Creating a Visual Motivator

Step One: Choose a reason(s) from the “Make Things Happen” worksheet.
- Locate a picture or pictures that will help capture the essence and meaning of the motivating message to you.
- Good sources for finding pictures are family albums, yearbooks, magazines, newspapers, and the internet.

Step Two: Write a caption for the picture(s)
- Think about the emotion behind the picture. How does it make you feel?
- Use your own words, or an inspirational quote.

Step Three: Use the template provided to assemble your visual motivator.
- Use one picture or make a collage of pictures.
- You can use the template or make your own on heavier more decorative paper.
- Remember to place your visual motivator where you will see it every day! (example: fridge, bathroom mirror, and your night stand)
Pictures Here

Captions Here